ASTHMA ACTION PLAN

For: _____ Doctor: _____ Date: _____

Doctor's Phone Number: _____ Hospital/Emergency Department Phone Number: _____

GREEN ZONE

DOING WELL

- No cough, wheeze, chest tightness, or shortness of breath during the day or night
- Can do usual activities

And, if a peak flow meter is used,

Peak flow: more than _____
(80 percent or more of my best peak flow)

My best peak flow is: _____

Daily Medications

Medicine	How much to take	When to take it
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Before exercise	❑ _____	❑ 2 or ❑ 4 puffs	5 minutes before exercise

YELLOW ZONE

ASTHMA IS GETTING WORSE

- Cough, wheeze, chest tightness, or shortness of breath, or
- Waking at night due to asthma, or
- Can do some, but not all, usual activities

–Or–

Peak flow: _____ to _____
(50 to 79 percent of my best peak flow)

1st

Add: quick-relief medicine—and keep taking your GREEN ZONE medicine.

_____ (quick-relief medicine)

_____ Number of puffs
or ❑ Nebulizer, once

Can repeat every _____ minutes
up to maximum of _____ doses

2nd

If your symptoms (and peak flow, if used) return to GREEN ZONE after 1 hour of above treatment:

❑ Continue monitoring to be sure you stay in the green zone.

–Or–

If your symptoms (and peak flow, if used) do not return to GREEN ZONE after 1 hour of above treatment:

❑ Take: _____ (quick-relief medicine) _____ Number of puffs **or** ❑ Nebulizer

❑ Add: _____ (oral steroid) mg per day For _____ (3–10) days

❑ Call the doctor ❑ before/ ❑ within_____ hours after taking the oral steroid.

RED ZONE

MEDICAL ALERT!

- Very short of breath, or
- Quick-relief medicines have not helped,
- Cannot do usual activities, or
- Symptoms are same or get worse after 24 hours in Yellow Zone

–Or–

Peak flow: less than _____
(50 percent of my best peak flow)

Take this medicine:

❑ _____ (quick-relief medicine) _____ Number of puffs **or** ❑ Nebulizer

❑ _____ (oral steroid) mg

Then call your doctor NOW. Go to the hospital or call an ambulance if:

- You are still in the red zone after 15 minutes AND
- You have not reached your doctor.

DANGER SIGNS

- **Trouble walking and talking due to shortness of breath**
- **Lips or fingernails are blue**

- **Take _____ puffs of _____ (quick relief medicine) AND**
- **Go to the hospital or call for an ambulance _____ (phone) NOW!**

See the reverse side for things you can do to avoid your asthma triggers.

HOW TO CONTROL THINGS THAT MAKE YOUR ASTHMA WORSE

This guide suggests things you can do to avoid your asthma triggers. Put a check next to the triggers that you know make your asthma worse and ask your doctor to help you find out if you have other triggers as well. Keep in mind that controlling any allergen usually requires a combination of approaches, and reducing allergens is just one part of a comprehensive asthma management plan. Here are some tips to get started. These tips tend to work better when you use several of them together. Your health care provider can help you decide which ones may be right for you.

ALLERGENS

❒ Dust Mites

These tiny bugs, too small to see, can be found in every home—in dust, mattresses, pillows, carpets, cloth furniture, sheets and blankets, clothes, stuffed toys, and other cloth-covered items. If you are sensitive:

- Mattress and pillow covers that prevent dust mites from going through them should be used along with high efficiency particulate air (HEPA) filtration vacuum cleaners.
- Consider reducing indoor humidity to below 60 percent. Dehumidifiers or central air conditioning systems can do this.

❒ Cockroaches and Rodents

Pests like these leave droppings that may trigger your asthma. If you are sensitive:

- Consider an integrated pest management plan.
- Keep food and garbage in closed containers to decrease the chances for attracting roaches and rodents.
- Use poison baits, powders, gels, or paste (for example, boric acid) or traps to catch and kill the pests.
- If you use a spray to kill roaches, stay out of the room until the odor goes away.

❒ Animal Dander

Some people are allergic to the flakes of skin or dried saliva from animals with fur or hair. If you are sensitive and have a pet:

- Consider keeping the pet outdoors.
- Try limiting to your pet to commonly used areas indoors.

❒ Indoor Mold

If mold is a trigger for you, you may want to:

- Explore professional mold removal or cleaning to support complete removal.
- Wear gloves to avoid touching mold with your bare hands if you must remove it yourself.
- Always ventilate the area if you use a cleaner with bleach or a strong smell.

❒ Pollen and Outdoor Mold

When pollen or mold spore counts are high you should try to:

- Keep your windows closed.
- If you can, stay indoors with windows closed from late morning to afternoon, when pollen and some mold spore counts are at their highest.
- If you do go outside, change your clothes as soon as you get inside, and put dirty clothes in a covered hamper or container to avoid spreading allergens inside your home.
- Ask your health care provider if you need to take or increase your anti-inflammatory medicine before the allergy season starts.

IRRITANTS

❒ Tobacco Smoke

- If you smoke, visit smokefree.gov or ask your health care provider for ways to help you quit.
- Ask family members to quit smoking.
- Do not allow smoking in your home or car.

❒ Smoke, Strong Odors, and Sprays

- If possible, avoid using a wood-burning stove, kerosene heater, or fireplace. Vent gas stoves to outside the house.
- Try to stay away from strong odors and sprays, such as perfume, talcum powder, hair spray, and paints.

❒ Vacuum Cleaning

- Try to get someone else to vacuum for you once or twice a week, if you can. Stay out of rooms while they are being vacuumed and for a short while afterward.
- If you must vacuum yourself, using HEPA filtration vacuum cleaners may be helpful.

❒ Other Things That Can Make Asthma Worse

- Sulfites in foods and beverages: Do not drink beer or wine or eat dried fruit, processed potatoes, or shrimp if they cause asthma symptoms.
- Cold air: Cover your nose and mouth with a scarf on cold or windy days.
- Other medicines: Tell your doctor about all the medicines you take. Include cold medicines, aspirin, vitamins and other supplements, and nonselective beta-blockers (including those in eye drops).

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For more information and resources on asthma, visit *nhlbi.nih.gov/BreatheBetter*.

LEARN MORE BREATHE BETTER℠